

B.A(Prog) with Nutrition and Health Education (NHE)**Category-V****DISCIPLINE SPECIFIC CORE–DSE- 12 NHE: Nutrition Policies, Programmes and Strategies****CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course & Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Nutrition Policies, Programmes and Strategies	4	3	1	-	Class XII	NIL

Learning objectives:

1. To familiarize the students with the government policies and programmes based on various approaches for improving nutritional and health status of the community .
2. The students will acquire knowledge about the various approaches for improving nutritional and health status.
3. Acquire knowledge about the concept of food security and the various programmes for improving food and nutrition security.

Learning outcomes:

After completion of the course students will be able to-

1. Develop understanding about nutrition in disease management and its prevention through various government programmes and policies.
2. Improve understanding and develop skills for planning , management and monitoring of Public health and nutrition programmes implemented by the government .
3. Work as program planners and managers in the field of Public health and Nutrition.

SYLLABUS OF DSE-NHE-12**THEORY****(Credits 3: 45 Hours)****Unit 1: National policies for promotion of Nutrition and health status of the population. (10 Hours)**

- Unit Description-This unit will introduce the student to various Nutrition and other programmes.
- Subtopics-
 - National Nutrition Mission (Poshan Abhiyan).

- Ayushman Bharat and Pradhan Mantri Jan Arogya Yojana (PM-JAY)
- National Diarrhoeal Diseases control programme
- National health mission.
- National food security act.
- Universal immunisation programme.(Mission Indradhanush)

Unit 2: Nutrition sensitive and nutrition specific programmes. (10 Hours)

- Unit Description – This unit will deal with various Nutrition programmes.
- Subtopics-
 - ICDS/Poshan 2.0 and Saksham Anganwadi.
 - Nutrient deficiency control programmes-National Prophylaxis programme for prevention of blindness due to Vitamin A deficiency, Anaemia Mukta Bharat.(AMB),National iodine deficiency disorders control programme.
 - National programme for Prevention and control of Non communicable diseases.
 - Pradhan Mantri Poshan Shakti Nirman-(P.M POSHAN)
 - Scheme for Adolescent girls.

Unit 3: Food security programmes. (10Hours)

- Unit Description- This unit will introduce the student with various Food security programmes.
- Subtopics-
 - Concept and definition of food and nutrition security at National,household and individual levels.
 - Public distribution system (PDS) .
 - Antyodaya Anna Yojana (AAY)
 - Annapurna scheme.
 - Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA)

Unit 4: Strategies for improving Nutrition. (15Hours)

- Unit Description – This unit will deal with the strategies for improving Nutrition.
- Subtopics-
 - Health based interventions including immunization, provision of safe drinking water/sanitation,prevention and management of diarrhoeal diseases and National Policies to address sanitation.
 - Food based interventions including Food fortification,dietary diversification, supplementary feeding and Biochemical approaches.
 - Education based interventions including growth monitoring and promotion (GMP),health/nutrition related behaviour change communication.

Essential/recommended readings :

- <https://poshanabhiyan.gov.in> Last accessed 17 dec 2024.
- Indira Gandhi national open university,2006 MFN 006 Public nutrition. Ed Sharma.S ,Kapur.D .

- Radhakrishna R,Reddy, .K.V..Food security and nutrition:Vision 2020.planningcommission.nic.in/reports/genrep/bkrap2020/16_bg2020
- <https://www.nitiforstates.gov.in/policy-viewer?id=PNC540Q000045>
- <https://egyankosh.ac.inPDF>

Suggested readings:

- A.Agarwal,S.A.Udipi(2014)*Text book of Human Nutrition*.Delhi.Jaypee brothers medical publisher (P) Ltd.
- Vir,S.C(Ed) 2011 Public Health Nutrition in Developing Counries Part 1 and part 2 Woodheed Publishing India.